

FARMER AND THE HULA

This is a variation on the Farmer's Stretch. It adds more flexibility for the hips and some reciprocal motion to the activity, which is nice for balance training.

Benefits »

- ⦿ Loosens low back and hips.
- ⦿ Requires whole-body coordination (reciprocal motion between hips and torso).
- ⦿ Participants discover that hips and torso are separable body segments that can be moved reciprocally about each other.
- ⦿ Adds an element of balance because it's done standing and involves movement.

How to Do It »

The Start

Participants stand in front of their chair with the back of the legs touching the chair. Feet should be wider than shoulder width, and hands are on the hips, if possible. This is the same position used for the Farmer's Stretch.

The Moves

- ⦿ Gradually begin to circle hips with big, circular motions.
- ⦿ Change directions.
- ⦿ Move in a figure-eight pattern.
- ⦿ Move the upper body in the opposite direction of the lower body. When the hips are pushed to the right, the torso goes left; when the hips press forward, the torso leans backward; and so on.

Live It »

This is a nice, relaxing, yet invigorating stretch.

